

# Office in Motion

Here are ways that you can burn off additional calories while at the office (based on a 150 pound person over a period of one half hour).

## Light office work

(Sitting in a meeting,  
Reading, Typing)

**51**



## Standing Light

(Standing and  
Talking At Work)

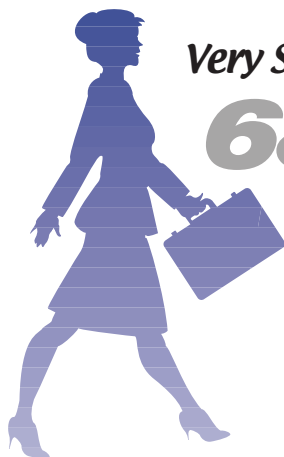
**78**



## Walking in the Office

Very Slowly <2mph

**68**



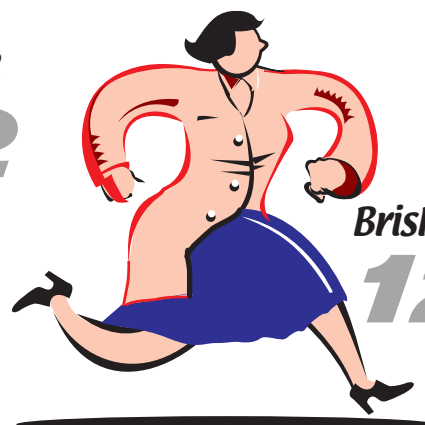
Moderate

**112**



Brisk, 3.5mph

**129**



Walking carrying  
light objects (< 25 lbs)

**102**



Walking carrying  
objects (25-49 lbs)

**170**



Taking the Stairs

**272**

